

Division of Therapeutic Recreation Spring & Summer 2015 PROGRAM GUIDE

getinformed.

getinspired.

getinvolved.

getincluded.

getin.

www.cincyrec.org

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Program & Registration Information for: March - August, 2015
Also available on-line at www.cincyrec.org/TR



Therapeutic Recreation
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Phone 513.352.4028 • Fax 513.352.4637
www.cincyrec.org/TR



TR Spring & Summer Program Guide 2015

Dear Participants and Families,

It's hard to believe that spring will be here soon, and that it's time to think about baseball and swimming and warm weather! We are excited to offer you information about inclusive day camps and our therapeutic recreation day camps. We are also offering some great new programs/clubs for your participation during the spring and summer! Additionally, if you are interested in registering for any program at a CRC recreation center, please remember that you can get included and participate by requesting an accommodation. The choice of how and when to participate is entirely up to you!

You are welcome to visit the **LeBlond Regional RecPlex**, home of the Division Therapeutic Recreation, along the scenic Ohio River. You can play basketball at our outdoor multiple sports court, and swing or slide at our new accessible playground. New this season is the accessible NEOS electronic play equipment. It is very physical and fun for kids of all ages. If you have not had a chance to stop by and see our new location and all of our improvements, please do so and **get inspired!** As always, if you have any suggestions, thoughts or comments, please feel free to contact me and share them.

Alayne M. Kazin, CTRS

Alayne M. Kazin, CTRS
Service Area Coordinator, Division of Therapeutic Recreation
Cincinnati Recreation Commission
513.352.4945

GET ACQUAINTED! With our Full-Time Staff!



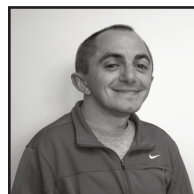
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Cincinnati Recreation Commission

2015 Annual Membership Fees

**All individuals who register and participate in our
Therapeutic Recreation and Center Programs must have a valid
CRC Center Membership**

Membership Benefits

- Entry to **all** CRC Recreation Centers
- Access to activities and programs advertised as “free with membership”
- Valid for 12 months from the date of purchase

2015 Annual Membership Fees

- Juniors (ages 17 and younger) \$2 All Centers
- Adults (ages 18-49) \$25 All Centers
- Seniors (ages 50 and older) \$10 All Centers

Please Note: Separate fees apply for certain programs, fitness cards, and pool cards.

- Fitness Center at \$20/Quarter
 LeBlond RecPlex \$70/Annual
 \$5/Day

You will notice that this membership fee information has been included on our **Program Registration Form** to assist you in calculating your total fee. If you already have a CRC membership card, you can enter your membership number, and you are good to go!

When you pay the membership fee, we will send you a CRC Center Membership Card in the mail—it’s just that easy! If you would like to be considered for a Center Membership Scholarship, please turn to page 28 for instructions on how to do so.

The following Therapeutic Recreation Programs will be exempt from requiring a center membership:

- TR Bowling at Brentwood Bowl
- TR Sharks Inclusive Swim Team at the UC Keating Aquatic Center

TR Summer Day Camp fees include the cost of center and pool memberships!

If you have any questions regarding our policy requiring membership, please feel free to contact Alayne Kazin at (513)352-4945.

Cincinnati Recreation Commission

Division of Therapeutic Recreation

The Cincinnati Recreation Commission's Division of Therapeutic Recreation offers a continuum of leisure services for individuals with disabilities that promote a healthy lifestyle, as well as the opportunity to participate in high-quality recreational and cultural experiences in the community. As advocates for individuals with disabilities, we provide inclusive and therapeutic recreation programming choices and promote accessibility at all CRC facilities. Many of our full-time CRC Therapeutic Recreation Program Staff are Certified Therapeutic Recreation Specialists (CTRS).

Inclusion Support Services

We provide a consultative approach to supporting individuals with disabilities in all CRC programs and facilities. Our goal is to provide opportunities for inclusion that reduce the physical, programmatic and attitudinal barriers. In addition to providing support to CRC facilities, we act as a resource to our community in areas such as advocacy, disability awareness and disability training.

Therapeutic Recreation Services

We implement goal-oriented programs for individuals with disabilities which promote a healthy lifestyle as well as providing exposure to cultural experiences in the community. Our programs encourage the development of physical, social, emotional and cognitive skills to enhance the quality of life, while preparing each person for leisure involvement in their community through the delivery of:

- Programs for persons with cognitive impairments
- Programs for persons with physical impairments

What is a CTRS?

A Certified Therapeutic Recreation Specialist (CTRS) has acquired a body of knowledge including theory, philosophy and practice that spans a wide range of disabling conditions and illnesses. When that knowledge is applied, the CTRS addresses the total person and the associative life factors that may apply to their specific disability or illness.

Professional recognition is granted by NCTRC to individuals who apply and meet established specific standards for certification, which include education, experience, and continuing professional development. The CTRS certification is granted after those specific qualifications have been met and the candidate has successfully completed the national computerized certification exam.

Our Programs

The programs identified in this guide are designed to meet the needs and interests of individuals with intellectual, physical, learning, and emotional disabilities. While some programs can accommodate participants of varying levels of ability, other programs have specific skill requirements due to the nature of the activities. Specific skill requirements, if necessary, are included in the program descriptions. If you have questions about a program or level of assistance provided, please contact any of the TR Staff listed on page 2.



Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call in advance if you require special accommodations.



Inclusion & Accommodations

Individuals with disabilities are not limited to therapeutic recreation services. If you are looking to add a little flavor to your leisure lifestyle . . . try your hand at Inclusion! In addition to our therapeutic recreation programs, individuals with disabilities are welcome to participate in any Cincinnati Recreation Commission program through our Inclusion Services. The TR staff will assist you in identifying programs, registering and requesting accommodations.

What is Inclusion?

Inclusion is individuals with and without disabilities participating in recreational activities together.

Inclusion Support Services

The TR Division's "Inclusion Team" was created to assist CRC's recreation center staff with accommodations, education, and materials to aid them in including individuals with disabilities in their programs and activities.

Types of Accommodations

- Changes in Rules and/or Policies
- Assistance with ADLs (activities for daily living)
- Architectural Changes
- Adaptive Equipment
- Increased Supervision
- Behavior Supports
- Training for Staff
- Boardmaker Tools for Communication



How to Request an Accommodation

If you feel an accommodation would be beneficial or necessary, please request an Accommodation and Assessment Form at the time of registration at the recreation center. This document is used to formally request additional assistance you may require.

Inclusive Programs for 50+

The Therapeutic Recreation Division is working with the Senior Division to include individuals with disabilities and/or arthritis into all CRC programs. CRC's Senior Division provides services for individuals who are 50 or older. If you are interested in participating in these programs, the Therapeutic Division staff will work with the Senior Division staff to provide the accommodations needed for you to successfully participate. The Senior Division offers an array of programming—Senior Olympics, line dancing, art classes and outings. Programs are available at 16 recreation centers across the city—typically providing services during the daytime hours. These programs are developed for seniors without disabilities; therefore, there is a level of independence needed to participate. Accommodations could include changes in rules or policies, assistance with ADLs (activities for daily living), adaptive equipment, increased supervision, and training for staff. We hope you will consider participating in some of these great programs!

Please call Alayne at (513)352-4945 if you have any questions about our Inclusion Services

Accommodations Get The Job Done!

Therapeutic Recreation Summer Day Camps

Our Therapeutic Recreation (TR) Summer Day Camps provide well planned, age-appropriate activities designed to promote the development of motor skills, self-help and other related areas. Camp programs include swimming, sports, games, crafts, music, and other fun activities. Our specialized camps will serve teens and young adults, ages 13 – 21.

Camps will be held Monday through Friday from 10:00am – 3:00pm. Participants should bring a packed lunch each day. All campers are expected to attend daily for the whole season, and if they miss more than seven days (not including planned vacations), they will not be able to register the following year. Please let us know when you have vacations scheduled as soon as possible so that we can anticipate staff changes.

- Camp begins Monday, June 15 and continues through Thursday, August 13.
- Participants must be 13 – 21 years old (cannot turn 22 years old prior to June 15).
- **NEW: All parents/guardians must attend a "Paperwork Day" to submit the program registration form, and to fill out all necessary paperwork (such as the parent packet). All Paperwork Days will be scheduled at the LeBlond RecPlex which is located at 2335 Riverside Drive, 45202. Please e-mail Kristen at kristen.clatos@cincinnati-oh.gov to schedule your Paperwork Day.**

Camps Offered

Location	Ages	Address	Code	Fee
Dunham Recreation Complex	13 – 21	4356 Dunham Ln., 45238	DU15	\$2,000
LeBlond RecPlex	13 – 21	2335 Riverside Dr., 45202	LB15	\$2,000

Registration and Payment

To register for camp, please complete a Program Registration Form and submit it along with your payment of \$2,000 while attending a **Paperwork Day**. Or, if you would prefer to pay the fee in installments, you may follow the schedule below. **Please Note: The registration fee for all TR Summer Day Camps must be paid in full prior to the start of camp.**

- Submit a deposit of \$200 along with your completed registration form while attending your scheduled Paperwork Day.
- Second payment of \$600 is due by Friday, April 10.
- Third payment of \$600 is due by Friday, May 15.
- Fourth payment of \$600 is due by Friday, June 12.

For questions regarding our TR Summer Day Camps, please contact Kristen at (513)352-4055.

Financial Assistance

CRC's Division of Therapeutic Recreation is a certified Medicaid Waiver Provider and accepts individuals who wish to pay with their Level 1 and I/O waivers. You must let your Service Facilitator know of your interest in our program so that they can revise your child's "My Plan" and begin a worksheet. We will also accept Family Support Services Vouchers and ESY funding from your child's school. If you plan to apply for assistance through the Medicaid Waiver Program, the Family Support Services Program, or ESY Funding, please provide us with that information when you submit your registration form.

Fun



In The Summer Time!

Inclusive Summer Day Camp for Ages 6-12

The Cincinnati Recreation Commission provides inclusive day camp opportunities for children with disabilities, ages 6-12, by including them in day camps for children without disabilities. These youth camps are offered at a variety of CRC recreation centers located throughout the city, and are held Monday through Friday with extended hours available (7 am to 6 pm at most locations). A wide variety of activities are offered, including crafts, sports, swimming, field trips, theme days and more.

If you are interested in finding out more about these inclusive camps, please contact the CRC Recreation Center in your neighborhood, or visit our website at www.cincyrec.org. You may also find a list of CRC Recreation Centers on the back page of this program guide.

- **Please Note: Inclusive camp registration is completed on-line by the child's parent/guardian, and not through the Division of Therapeutic Recreation. Please visit our website at www.cincyrec.org, and click on "Camp CRC" which is located on the right side of the page.** Some CRC camps fill to capacity very early. Please call as soon as possible to begin the registration process. By registering early, we are able to do a more thorough assessment to ensure the necessary accommodations.
- **When registering your child for camp, please request an accommodation for your child.** The center staff will contact the TR Inclusion Team who will then complete an assessment, provide on-going support for inclusion placements, and assist center staff in providing for the needs of your child.
- **We ask parents/guardians to thoroughly research each facility** (i.e. review logistics and do a site visit) to determine if the program structure is a good fit for your child.



Inclusion Works!

For additional questions regarding Inclusion, please contact Alayne at (513)352-4945

Sensorimotor and Social Skills for Teens



New Programs!

Morning Teen Sensorimotor Skill Program

This program will consist of sensory and motor play for Teens, ages 13 – 21. Teens will engage in a variety of activities that include Lego building, dance, yoga, movement exploration, arts and crafts, music and more. Your teen will be exposed to an abundance of natural sensory experiences and opportunities for spontaneous interaction. Teens will participate in developmentally appropriate play activities designed to foster physical, cognitive, and social development.

Ages:	13 – 21
Days:	Monday thru Friday
Begin/End:	June 15 – August 13
Cancellations:	None
Time:	8:30 – 10:00 am
Location:	Dunham Recreation Complex's School House
Code:	MTSSP
Min./Max #:	5/5
Program Fee:	\$750
Registration Deadline:	Friday, May 15
Contact Person:	Kristen (513)352-4055

*Center Membership Fees:	Juniors (ages 17 and under) = \$2
	Adults (ages 18-49) = \$25

Afternoon Teen Social Skill Program

This program will consist of social skill development activities for Teens, ages 13 – 21. Teens will be guided through sensory motor activities and games that foster engagement, sharing, listening, creativity, turn taking, cooperation, conversation, friendships, emotional management, and other important social skills. Weather permitting—we'll maximize opportunities to explore nature's sensory wonders right in our own back yard, taking advantage of the physical and mental benefits of outdoor play and sunshine. Opportunities will be provided for children of all abilities to learn and practice important social skills in a fun and safe environment. Teens will participate in developmentally appropriate play activities designed to foster cognitive and social development. This program will include peer models where available.

Ages:	13 – 21
Days:	Monday – Friday
Begin/End:	June 15 – August 13
Cancellations:	None
Time:	3:00 – 4:30 pm
Location:	Dunham Recreation Complex's School House
Code:	ATSSP
Min./Max #:	5/5
Program Fee:	\$750
Registration Deadline:	Friday, May 15
Contact Person:	Kristen (513)352-4055

*Center Membership Fees:	Juniors (ages 17 and under) = \$2
	Adults (ages 18-49) = \$25

Adapted Aquatics & Instructional Swim Programs

Our year-round, warm water swimming pools are located at the Mt. Auburn Recreation Center and the U.C. Keating Aquatic Center. Our Mt. Auburn facility is accessible, with accessible parking, showers, toilet stalls, and an assisted dressing room. Several water entries and exits are available, including a pool chair lift and "easy ladder" with hand railings. The water temperature is maintained at a comfortable 87 degrees in the winter, and 86 degrees in the summer. The Keating Aquatic Center Pool at the U.C. Campus Recreation Center is an Olympic sized pool that is equipped with a chair lift, a moveable bulkhead, and fixed blocks for diving. The water temperature for this pool is kept at a cooler 82 degrees, which is conducive for lap swimming.

Adapted Aquatics Learn to Swim Program

Our Adapted Aquatics Program is coordinated by Kristen Clatos, CTRS, CDSS, ATRIC. Kristen has been an adapted aquatics instructor, swim coach, and a competitive swimmer for over 20 years. She and a core team of qualified and experienced instructors are committed to creating positive aquatic experiences for all ages and ability levels.

Our individualized Adapted Aquatics Program is designed to include all ability levels by incorporating the Red Cross Swim Progression and the TR Sequential Swim Progression for individuals with physical, neurological, developmental, and cognitive impairments. Participants, ages three and older are taught learn to swim skills, water safety and independence. Children and adults can be successfully included in traditional swim programs if they are introduced to the water with positive experiences, dedicated staff, and structured lessons allowing for maximum attention. When enrolled in our Adapted Aquatics Program, swimmers learn American Red Cross Aquatics Levels I, II, and III swim skills—while the ultimate goals include:

- Participation in traditional, inclusive swim lesson programs
- Competitive/Non-Competitive participation on the TR Sharks Swim Team or other swim team in the community
- Safe independent play in the water

Each swimmer receives individualized, progressive strategies and teaching methods that make learning achievable, sensory integrative, and fun for all. We will take specific learning types and considerations in mind while structuring lessons, and will provide visual, auditory, and sensory stimulation based on the needs of the individual. Lessons are offered on Tuesdays, Thursdays, and Saturdays.

Adapted Aquatics Registration/Payment

Families unable to pay for all five swim sessions all at once may ask to be placed on our payment plan. In order to reserve a spot(s), participants must pay \$25 for each session they wish to attend. **Full payment for each session must be received one week before each session begins.** Failure to meet this requirement will result in the participant losing their spot to another participant on the waiting list. The \$25 reservation fee will not be refunded if we are unable to fill that spot. We are more than willing to work with families in these tough economic times, but we also want to ensure that new swimmers are able to register for our programs as well.

Payment will not be accepted at the program site. Please visit us, call us with your credit card payment, or mail your payments and program registration forms to CRC's Main Office at: Cincinnati Recreation Commission, Division of Therapeutic Recreation, 805 Central Avenue, Suite 800, Cincinnati, OH 45202. Please indicate your preferred day(s), time(s) and program code(s) on the Program Registration Form.

- **Participants who "drop out" of the program that they registered for less than seven days before the start date will forfeit their program payment.**
- **There will be no "make-ups" for missed swim lessons.**

*TR Aquatics programs accept Level 1 and I/O Medicaid Waivers as program payment. To use the waiver as payment for our programs, please contact your Service Facilitator to indicate interest in using those funds for this purpose. Your Service Facilitator should contact Alayne Kazin to begin the waiver process. We encourage participants to sign up for multiple sessions at one time, to minimize paperwork and the chance of losing a spot in a desired time slot. There are two spots available for waiver participants in each of the Tuesday and Thursday time slots, and three spots available in each time slot on Saturdays. **If you are using a waiver for program payment, attendance is very important. Please know that if you miss two lessons in a session, you may not be able to use the waiver for payment of future sessions.***

Adapted Aquatics Learn to Swim Program

Spring Session

Ages: 3 and Older
Days/Times: **Tuesdays:** 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATS15
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHS15
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: AASS15
Begin/End: April 14 – May 23
Cancellations: None
Location: Mt. Auburn Pool
Program Fee: \$100
Contact Person: Kristen (513)352-4055

Summer Session

Ages: 3 and Older
Days/Times: **Tuesdays:** 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATSU15
Thursdays: 4:30 – 5:10pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHSU15
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: AASSU15
Begin/End: July 7 – August 15
Cancellations: None
Location: Mt. Auburn Pool
Program Fee: \$100
Contact Person: Kristen (513)352-4055

*Center Membership Fees:
Juniors (ages 17 and under) = \$2
Adults (ages 18-49) = \$25
Seniors (ages 50 and older) = \$10

FREE Parent Learn to Swim Program!

In offering aquatic programs that focus on safety in and around the water, we would like to extend **FREE Swim Lessons to parents/guardians of participants who are enrolled in our Adapted Aquatics Program!** Our swimmers will be safer when their parents feel comfortable and safe in the water as well, as this opportunity will help parents to continue our work by reiterating skill practice during leisure swim times. The free lessons will have a small group format and would take into consideration the parents' current level of swim ability and comfort in the water. **Lessons will be offered during the same swim time for your child, and prompt registration will ensure lessons based on availability of instructors.**

Parents who wish to participate in this Learn to Swim Program must have a current CRC Center Membership. Membership fees are as follows: Juniors (ages 17 and younger) = \$2.00, Adults (ages 18-49) = \$25.00, and Seniors (ages 50 and older) = \$10.00. For additional information regarding **Center Membership Benefits**, please see page three of this program guide.



Swimming improves your health and fitness . . .
and it's fun, too!!!

TR Sharks Inclusive Swim Team

This program is for advanced swimmers, ages six and older, that are typically developing, or that have cognitive and/or physical disabilities. Swimmers must be able to swim the length of the pool on front and back, and work in small groups of three – five. Each swimmer will be evaluated on the first night of practice, and if they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program. Our Swim Team Program will offer participants lap swimming and stroke refinement. All participants will be encouraged to practice for our CRC City-Wide Swim Meets, and the Special Olympics and Paralympic Swim Meets! This fun program is a great opportunity for swimmers to continue to perfect their skills and to improve their fitness!

Parking passes for classes taking place at the UC Keating Aquatic Center will be available to purchase. Passes may be purchased at the UC Recreation Center Front Desk for \$20 per month. Please call (513)556-0382 with any questions regarding parking at the University of Cincinnati

Please Note: The Spring Session will be held at the UC Keating Aquatic Center, and the Summer Session will be held at our Mt. Auburn Pool.

TR Sharks Spring Session

Ages: 6 and Older
Days: Tuesdays and Thursdays
Begin/End: March 17 – May 14
Cancellations: None
Time: 7:00 – 8:30 pm
Location: UC Keating Aquatic Center
Program Code: STS15
Max. # Swimmers: 40
Program Fee: \$150
Contact Person: Kristen (513)352-4055



TR Sharks Summer Session

Ages: 6 and Older
Days: Tuesdays and Thursdays
Begin/End: July 7 – August 13
Cancellations: None
Time: 7:00 – 8:30 pm
Location: Mt. Auburn Pool
Program Code: STSU15
Max. # Swimmers: 40
Program Fee: \$100
Contact Person: Kristen (513)352-4055

Participation in Swim Meets May Require an Additional Fee



Instructional Swim Programs



New Programs!

Preschool Water Exploration

This class focuses on safety, strength, flexibility and gross motor skills for children with developmental delays and disabilities (and is also open to registration for typical developing siblings/peers). Our program is designed to introduce preschool aged children, ages 3 – 5, to the water, basic safety skills, and beginning to learn to swim programs. Parents are required to stay and be involved with their child during class. They will be taught to safely work with their children in the water during this six week course. Individual instructors will take into consideration the individual needs of the child including sensory, auditory, spatial, and motor concerns. **Positive aquatic experiences early in life prepare children for lifelong aquatic fun filled adventures!**

Ages:	3 – 5
Day:	Saturdays
Begin/End:	July 11 – August 15
Time:	9:15 – 9:45 am
Location:	Mt. Auburn Pool
Program Code:	PWE15
Min./Max. #:	6/12
Program Fee:	\$100
Registration Deadline:	Thursday, July 2
Contact Person:	Kristen (513)352-4055

*Center Membership Fees: Juniors (ages 17 and under) = \$2

Splash and Dash Inclusive Land and Water Playgroup

Our Splash and Dash Program is for children ages 6 – 10. This program will consist of 40 minutes of land programming, and 40 minutes of aquatic programming. The land component will focus on strength, endurance, and stretching as well as fine and gross motor skills. Participants will engage in a variety of land based activities that include scooter boards, parachute, dance, yoga, movement exploration, art, music and more! The aquatic component will focus on basic water safety skills as well as developing the fundamentals of swimming. Children and their parents will discover ways for their children with and without disabilities to be active and to use their motor skills to promote health, fitness, and social interaction for a lifetime! Your children will participate in developmentally appropriate play activities designed to foster physical, cognitive, and social development.

Program activities will be designed by a Recreation Therapist and adapted to allow for all children to experience success both in the water and in the gym. The small group setting provides opportunities for socialization and functional play.

Ages:	6 – 10
Days:	Thursdays and Fridays
Begin/End:	July 9 – August 14
Time:	5:15 – 5:55 pm
Location:	Mt. Auburn Pool (Water)/LeBlond RecPlex (Land)
Program Code:	SDI15
Min./Max. #:	10/15
Program Fee:	\$175
Registration Deadline:	Thursday, July 2
Contact Person:	Kristen (513)352-4055

*Center Membership Fees: Juniors (ages 17 and under) = \$2

Instructional Swim Programs

Discover Scuba

If you have always wanted to experience the underwater world through the eyes of a Scuba Diver, then this is the perfect opportunity for you! We will supply all of the equipment, so all you need to bring with you is your bathing suit and towel to experience the excitement of breathing and swimming underwater! Certified Adapted Scuba Instructors from Scuba Unlimited will assist individuals in the water and facilitate a fun-filled encounter with sea creatures that just may be living in our pool! Instructors will work at the pace of the individual and make sure that everyone has an enjoyable scuba experience.



Ages:	12 and Older
Date:	To be determined
Time:	10:00 am – 12:30 pm
Location:	LeBlond RecPlex Outdoor Pool
Program Code:	SCUBA15
Program Fee:	FREE with Center Membership
Center Membership Fees:	Juniors (ages 17 and under) = \$2
	Adults (ages 18-49) = \$25
	Seniors (ages 50 and older) = \$10
Maximum #:	50 Participants
Contact Person:	Kristen (513)352-4055

Arthritis Aquatics

The Arthritis Aquatics Program is designed to allow individuals with arthritis to exercise in a supportive, low resistance environment. Water is a safe, ideal environment for relieving arthritis pain and stiffness. Arthritis Aquatics allows you to exercise without putting excess strain on your joints and muscles. We provide a friendly and supportive atmosphere in which you can make new friends and try new activities. This social interaction can help decrease feelings of depression and isolation. Progress in the aquatic activities can lead to independence and improved self-esteem. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility.

Please consult your physician prior to registration. People with severe or multiple joint problems or those who have had joint surgery are encouraged to talk with their doctors regarding any special precautions or limitations.

Guidelines to Participate

- Have functional and comfortable shoulder and elbow motion.
- Able to tolerate 5 minutes of movement in the water, or 15 minutes standing or walking on land without excessive pain, fatigue, or shortness of breath.
- Require no more than minimal assistance to enter or exit the pool.
- Feel comfortable and confident in the water.

Spring Session

Ages: 18 and Older
Days/Times: Mondays: 5:30 – 6:30 pm
Tuesdays: 3:00 – 4:00 pm
Wednesdays: 5:30 – 6:30 pm
Fridays: 1:00 – 2:00 pm
Begin/End: March 23 – May 22
Cancellations: None
Location: Mt. Auburn Pool
Program Code: ARS15
Program Fees: \$40 (10 classes)
\$72 (20 classes)
Contact Person: Kristen (513)352-4055

Summer Session

18 and Older
Mondays: 5:30 – 6:30 pm
Tuesdays: 3:00 – 4:00 pm
Wednesdays: 5:30 – 6:30 pm
Fridays: 1:00 – 2:00 pm
June 15 – August 14
Friday, July 3
Mt. Auburn Pool
ARSU15
\$40 (10 classes)
\$72 (20 classes)
Kristen (513)352-4055

*Center Membership Fees:

Adults (ages 18-49) = \$25
Seniors (ages 50 and older) = \$10

Therapeutic Recreation Adapted Sports

Our Purpose

To provide recreational programs for person's with **physical disabilities** that allow the participant to have opportunities to learn new leisure activities, challenge themselves, make new friends, and build their self-confidence—overall, enhancing their quality of life.

Our Programs

Our activities throughout the year include . . . **Football, Basketball, Golf, Bowling, Tennis, Strength Training, Handcycling, Goalball, Boccia Ball, and Adapted and Arthritis Aquatics, and Special Events.**

Our Staff

The Therapeutic Recreation leadership team has over fifty years of experience working with people with disabilities in a variety of settings. Most of our leaders have their degree in Therapeutic Recreation and hold a certification in Therapeutic Recreation—which requires a continuing education to maintain. They are professional, fun to be around, and most importantly, hold the safety of all CRC-TR participants in the highest regard.

Our Participants

The team prides themselves in being able to meet the needs of most individuals. Through participant assessments, the staff does what they can to meet the needs of anyone wanting to participate in our programs. With a little duct tape and some imagination, they can do amazing things! There will be times however, when circumstances prohibit participation for some individuals. Since you won't know unless you try, come on out and have some fun!

For additional information, please contact Adam at (513)352-4629, or by e-mailing him at adam.ayers@cincinnati-oh.gov.

Like us on Facebook for more information about events, news, and adapted sports opportunities at



www.facebook.com/CincinnatiParalympicSportsClub

**Our SPORT is DETERMINATION.
Our GAME is WINNING.**

**PARALYMPIC
SPORT CLUB**

Cincinnati Recreation Commission

Therapeutic Recreation Adapted Sports

The programs listed on this page and the following six pages are available for participants with physical disabilities and visual impairments, beginner to advanced skill levels.

Adapted Golf Inclusion Partner League

This league is composed of twosomes, where at least one of the players has a physical disability. There are five, two-week windows in which to play a round of nine holes and subsequently post a team score. Golf courses to be played will be identified for each window and will rotate around the city. Solo Rider Carts and adapted equipment will be available for play, but must be reserved 48 hours in advance. The league will run from June through August. **To finish out the season . . . there will be an end of season tournament and player appreciation event!**

Exact dates, rules and regulations will be available by the end of March. Please call or e-mail your interest in this activity to Adam at (513)352-4629, or adam.ayers@cincinnati-oh.gov.

Other CRC Adapted Programs include . . .

Adapted Aquatics:	<i>see pages 9 & 10</i>
TR Sharks Swim Team:	<i>see page 11</i>
Arthritis Aquatics:	<i>see page 13</i>

**MAKE SURE TO CHECK OUT ALL OF OUR
NEW ADAPTED SPORTS PROGRAMS AND OUTINGS!**

**For additional information about our Adapted Sports Programs, please call Adam
at (513)352-4629, or e-mail him at adam.ayers@cincinnati-oh.gov**

Therapeutic Recreation Adapted Sports

Wheelchair Basketball

Wheelchair Basketball is back in Cincinnati! **Come be a part of the Royals Basketball Team!** Weekly practices begin in the spring for individuals with physical disabilities and independent functioning skills, ages 16 and older. **Motorized chairs will not be allowed in this program.** Please contact Adam for additional information!

Spring Session

Ages: 16 and Older
Day: Tuesdays
Begin/End: April 7 – May 19
Cancellations: None
Time: 6:30 – 8:30 pm
Location: LeBlond RecPlex
Program Code: WBSP15
Program Fee: \$25
Registration Deadline: Friday, March 27
Contact Person: Adam (513)352-4629



*Center Membership Fees: Juniors (ages 17 and under) = \$2
Adults (ages 18-49) = \$25
Seniors (ages 50 and older) = \$10

Wheelchair Football – Neighborhood Pick-Up Game

Just about anyone can play this sport—a person who has a physical disability and uses a wheelchair (manual or power), persons with physical disabilities who don't use a wheelchair, and family and/or friends. We have extra wheelchairs available for anyone to use to make this pick-up game fun and inclusive for all. Each Saturday the rules will be adapted to fit the group that comes to play, allowing everyone to be included. Games are played in the gym at the LeBlond RecPlex.

Spring Session



Ages: 8 and Older
Day: Saturdays
Begin/End: April 4 – May 23
Cancellations: None
Time: 10:30 am – 12:15 pm
Location: LeBlond RecPlex
Program Code: WFSP15
Program Fee: \$25
Registration Deadline: Friday, March 27
Contact Person: Adam (513)352-4629

*Center Membership Fees: Juniors (ages 17 and under) = \$2
Adults (ages 18-49) = \$25
Seniors (ages 50 and older) = \$10

Therapeutic Recreation Adapted Sports

Handcycling

Come out and ride hand cycles with a group of individuals with physical disabilities. Space is limited in this program since we have limited handcycles. We will ride around the Lunken Playfield Bike Trail, enjoying the scenery and fresh air while actually participating in a Paralympic Sport! Please call Adam before registering to assure that there is space available in the program.



Ages:	18 and Older
Day:	Mondays
Begin/End:	May 11 – August 10
Cancellations:	5/25/15
Time:	10:00 am – Noon
Location:	Lunken Playfield
Program Code:	HCS15
Min./Max. #:	3/6, <i>unless you have your own bike</i>
Program Fee:	\$25
Registration Deadline:	Friday, May 1
Contact Person:	Adam (513)352-4629

*Center Membership Fees: Adults (ages 18-49) = \$25
Seniors (ages 50 and older) = \$10

Adapted Strength Training Group

Join us at the Corryville Recreation Center to Get Fit! This facility hosts fully accessible weight machines for those individuals that use a wheelchair for mobility. The program provides an on-site trainer to introduce participants to the equipment, and to help with adapting exercises for individuals with disabilities. **There are three, hour-long time slots available for registration, and we are only accepting four participants per time slot.** Please choose from the time slots listed below, and specify on your registration form what time you would like to participate. Please contact Adam with additional questions.

	Spring Session	Summer Session
Ages:	16 and Older	16 and Older
Day:	Mondays and Wednesdays	Mondays and Wednesdays
Begin/End:	March 16 – May 20	June 15 – August 19
Cancellations:	None	None
Time:	4 – 5 pm, 5 – 6 pm, 6 – 7 pm	4 – 5 pm, 5 – 6 pm, 6 – 7 pm
Location:	Corryville Recreation Center	Corryville Recreation Center
Program Code:	ASTSP15	ASTSU15
Program Fee:	\$25	\$25
Registration Deadline:	Friday, March 6	Friday, June 5
Contact Person:	Adam (513)352-4629	Adam (513)352-4629
*Center Membership Fees:	Juniors (ages 17 and under) = \$2 Adults (ages 18-49) = \$25 Seniors (ages 50 and older) = \$10	Juniors (ages 17 and under) = \$2 Adults (ages 18-49) = \$25 Seniors (ages 50 and older) = \$10



Get Fit with CRC!

Therapeutic Recreation Adapted Sports

Miracle League of Cincinnati

The Miracle League is a national association whose goal is to provide opportunities for individuals with physical and/or cognitive disabilities to play baseball regardless of their abilities. This league is designed to give every individual the chance to play baseball. The rules are simple: Everyone hits, everyone gets on base, and everyone crosses home plate! Adapted equipment and on-field assistance with "buddies" ensures participation and fun for everyone!

Ages: 5 and Older
Day: Saturdays
Begin/End: May 1, Opening Night Ceremonies, 6:00–7:45 pm
May 2 – August 1 . . . Let's Play Ball!

Cancellations:

Time: July 4
8:00 am – 12:30 pm (games are one hour long)
Location: Dunham Recreation Complex
Banquet Date: August 1, from Noon – 3:00 pm
Program Code: MLB15
Program Fee: \$25
Registration Deadline: Friday, April 24
Contact Person: Adam (513)352-4629

*Center Membership Fees: Juniors (ages 17 and under) = \$2
Adults (ages 18-49) = \$25
Seniors (ages 50 and older) = \$10



Above: Architect's Rendering
Below: Otto Armleder Pavilion

Our Otto Armleder Pavilion at the Miracle League Field located at the Dunham Recreation Complex is a beauty!

This new structure provides family restrooms, storage, and shelter for our Miracle League Program. We are once again very thankful to The Cincinnati Reds Community Fund, The Otto Armleder Trust, and the Cincinnati Recreation Commission for making this great pavilion a reality!



Cincinnati Recreation Commission

Therapeutic Recreation Adapted Sports

NEW!

Youth Wheelchair Sports Camp

This camp is geared towards children ages six thru twelve who have physical disabilities. You do not have to use a wheelchair every day to be able to participate in this camp. Many kids with physical disabilities that use walkers, orthotics, and crutches can use a wheelchair to participate in sports! We want to introduce different sports to your child to help them become more active and to develop a passion for adapted sports. Let us help your child find what pushes them to be great by engaging them in a variety of sports such as Football, Basketball, Tennis, Table Tennis, Baseball, Field, Swimming, and Handcycling. **It's all about options, knowing what is out there, and trying new things!** Having this information will increase the likely hood that your child will fall in love with an activity that will help build confidence, strength, teamwork, and a passion for recreation.

Ages:	6 – 12
Days:	Monday thru Friday
Begin/End:	August 3 – August 7
Cancellations:	None
Time:	10:00 am – 3:00 pm
Location:	LeBlond RecPlex
Program Code:	WCSC15
Min./Max. #:	4/12
Program Fee:	\$100
Registration Deadline:	Friday, July 24
Contact Person:	Adam (513)352-4629



*Center Membership Fees: Juniors (ages 17 and under) = \$2

Mt. St. Joseph University's Third Annual Goalball Tournament

This fun event is open to the public – no disability required! You have the opportunity to form your own three-four person goalball teams and compete against other in this fast paced Paralympic Sport. Lunch will be provided! We will play a bracket style tournament, while enjoying raffle drawings, door prizes, and comradery. This event is put on by the students of MSJ, and benefits the Goalball Program run by the Cincinnati Recreation Commission, Division of Therapeutic Recreation. Come out and support our awesome program and get your chance to rise to the top in Goalball ranks! You're guaranteed to have some fun!!!



Ages:	16 and Older
Date:	Sunday, April 12
Cancellations:	None
Time:	11:00 am – 5:00 pm
Location:	Mount Saint Joseph University
Program Code:	MSJ15
Program Fee:	\$10 per team
Registration Deadline:	Sunday, April 12
Contact Person:	Adam (513)352-4629

Therapeutic Recreation Adapted Sports

Adapted Archery

Archery is a sport accessible to just about everyone with a disability. While it is not only fun to challenge yourself to hit the target and improve your aim, it's also physically beneficial – increasing body strength, focus, flexibility, and attention skills. Come join us for our Adapted Archery Program – you won't want to miss it!

Ages:	18 and Older
Day:	Mondays
Begin/End:	March 9 – May 18
Cancellations:	None
Time:	6:00 – 8:00 pm
Location:	Dunham Recreation Complex
Program Code:	AAS15
Program Fee:	\$5
Registration Deadline:	Wednesday, March 4
Contact Person:	Adam (513)352-4629

*Center Membership Fees:	Juniors (ages 17 and under) = \$2
	Adults (ages 18-49) = \$25
	Seniors (ages 50 and older) = \$10



SWIM BIKE RUN HARD.



Triathlon Training

Let us help you train for your next TRIATHLON! Athletes with disabilities have the opportunity to train for triathlons through our programming here at CRC. We have the ability to help get you ready for your next race. Please call Kristen at (513)352-4055 for details on how to get started!

Laser Tag

Have you ever wanted to chase your friend around and shoot lasers at them? This is your opportunity! Meet us at Laser Kraze for an afternoon of debauchery and fun as we try to eliminate our friendly enemies. Stay for some pizza and play some games in the arcade that is located within Scallywag Tag. **Parents: We will meet at Scallywag Tag for drop-off and pick-up.**

Ages:	6 – 12
Date:	Saturday, April 18
Cancellations:	None
Time:	2:00 – 4:00 pm
Location:	Scallywag Tag
Program Code:	TAG15
Min./Max. #:	5/15
Program Fee:	\$13 for 2 games
Registration Deadline:	Friday, April 10
Contact Person:	Adam (513)352-4629



Therapeutic Recreation Adapted Sports

Canoe and Kayak Social

Canoeing can be a fun activity during the warm summer months! This one day special event is for any individual with a physical disability who is interested in trying some new water sports like canoeing or kayaking. Families and friends are all welcome! The cost of the program is based on the cost to rent the canoes, which will be paid directly to Morgan's Canoe Rental. Transportation to the site will NOT be provided. Our trained and certified Water Safety Instructors will be present on the water to help if and when needed. Additional releases will need to be signed, and will be mailed to you after you have registered.



Ages:	18 and Older
Date:	Saturday, July 18
Cancellations:	Weather Dependent
Time:	10:00 am
Location:	Morgan's Canoe Rental, Morrow, Ohio
Program Code:	WSC15
Program Fee:	To be determined
Registration Deadline:	Thursday, July 2
Contact Person:	Adam (513)352-4629

Rock Climbing

Have you ever wanted to climb Mt. Everest, or reach the top of the Himalaya's? Welp, good luck with that! In the meantime, come do some indoor rock climbing as you get set for your bigger climbs in life. This is a great social opportunity to hang out and meet other people with physical disabilities, while experiencing a cool adventure sport. See if you can climb to the top and test your skills on Climb Time's humongous indoor walls.

Ages:	13 and Older
Date:	Saturday, June 27
Cancellations:	None
Time:	2:00 – 5:00 pm
Location:	Climb Time of Blue Ash
Program Code:	RC15
Min./Max. #:	4/12
Program Fees:	Daily Pass = \$10, Shoe Rental = \$5, Harness Rental = \$5
Registration Deadline:	Friday, June 19
Contact Person:	Adam (513)352-4629



Accessible Golf Programs

Accessible Golf

Golf is a sport that is open to persons of all abilities. CRC has developed an Accessible Golf Program that is one of the top in the nation. In addition to top of the line adapted golf equipment, the CRC Golf Pros have extensive training from the CRC Certified Recreation Therapists working with persons with physical and/or developmental disabilities—and hours of experience doing so.

Much of the success of our large adapted golf program is due to the six Solo Rider accessible golf carts that are housed regularly at our golf courses. **The accessible golf carts may be used by individuals who are 16 and older (with a driver's license), and have any type of mobility impairment (they are not limited to wheelchair users).** We also have adapted golf clubs designed to be used from a seated position, and in some cases, our golf professionals can adapt your current clubs to be used with the Solo Rider. The Solo Rider and clubs will be available for use at clinics or lessons, and can be available at the golf course you choose to play at with prior request.

Accessible clinics, individual golf lessons, and instruction on using the Solo Rider Carts are available throughout the golf season. Please check with your favorite CRC golf course for more information!

Learn to Play Golf

Come out to the beautiful Reeves Golf Course on Saturdays and **Learn to Play GOLF!** This program is for anyone with a disability that wants to try golf for the first time—or just work on their game. You will receive instruction on your driving, chipping, and putting. For those individuals that have mobility impairments, we are able to provide Solo Rider Golf Carts. For additional information about this program, please contact Adam.

Ages:	8 and Older
Day:	Saturdays
Begin/End:	May 9 – July 25
Cancellations:	June 20, July 4
Time:	10:30 am – 12:00 pm
Location:	Reeves Golf Course
Program Code:	LTPG15
Min./Max. #:	6/15
Program Fee:	\$25
Registration Deadline:	Friday, May 1
Contact Person:	Adam (513)352-4629
*Center Membership Fees:	Juniors (ages 17 and under) = \$2 Adults (ages 18-49) = \$25 Seniors (ages 50 and older) = \$10



Additional recreation opportunities are listed at . . .

www.cincyrec.org

Learn to Play Tennis

For Individuals with Cognitive Disabilities

This fun program is designed to teach the basics of tennis strokes, grips, volleys and serves. Participants will be able to play a game and learn how to keep score. Join in on the fun and develop a life-long leisure skill!

Ages:	13 and Older
Day:	Thursdays
Dates:	May 7, 14, 21, 28, and June 4, 11, 25 <i>Please note that we will not have tennis on 6/18</i>
Time:	6:30 – 7:45 pm
Location:	Ryan Park Tennis Courts (Westwood)
Program Code:	LT15
Min./Max. #:	5/15
Program Fee:	\$20
Registration Deadline:	Friday, April 24
Contact Person:	Teresa (513)352-4962

*Center Membership Fees:

Juniors (ages 17 and under)	= \$2
Adults (ages 18-49)	= \$25
Seniors (ages 50 and older)	= \$10



Fitness Can Be Fun!

Cincinnati Recreation Commission

Division of Therapeutic Recreation

Inspiring Today. Strengthening Tomorrow.

Inclusive Sports & Fitness at LeBlond RecPlex

Inclusion:

Individuals with and without disabilities participating in activities together!

Indoor Group Cycling

This exciting class uses an indoor bike to simulate situations similar to riding a bike outdoors! Movements include hill climbs, sprints, and interval training. Our instructor uses music, motivation, and enthusiastic coaching to lead you through a ride that best suits your fitness level and goals. This program welcomes participants of all fitness levels, but as with any exercise program, please consult your physician before starting. Participants must wear gym shoes, and bring water to drink and a towel to dry off to each class. Please call or e-mail Katie to reserve a bike, and plan on arriving 15 minutes prior to the start of class so that you can prepare your bike.

Ages: 18 and Older
Days/Times: Monday and Wednesday evenings from 6:15 – 7:00 pm
Participants must call at least one hour before they would like to reserve a bike to use.
Location: LeBlond RecPlex
Program Code: CYC15
Program Fee: **FREE to anyone with a CRC Center Membership!**
Adults (ages 18-49) = \$25
Seniors (ages 50 and older) = \$10
Contact Person: Katie (513)240-8747
katie.lear@cincinnati-oh.gov



For additional information about inclusive sports & fitness programs available at the LeBlond RecPlex, please call us at (513)352-4013!

Summer Club!

Our social and leisure programs require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. Participant staff/aides are very welcome to attend, however it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment.

Participants registered for Clubs must arrive no later than 15 minutes after the scheduled arrival time or there will be a risk of being left behind. All participants must be dropped off and picked up at the proper location. Due to safety reasons, unless otherwise stated, participants will not be allowed to be dropped off or picked up at the actual outing location.

Overnight Camping Trips

Come join us for a fun camping experience at Winton Woods Adventure Outpost! Participants will hike, canoe, fish, play games, and prepare meals in the great outdoors. The evening will include a campfire and tasty S'mores! Participants will fall off into a dreamy sleep in cabins under the stars. New leisure skills will be learned and social skills will be practiced.

Please Note: Individuals attending these trips must be able to dress, eat meals, prepare for bed and sleep independently.

Spring

Ages: 18 and Older
Dates: Saturday and Sunday, April 25 and 26
Program Location: Winton Woods Adventure Outpost
Drop-Off/Pick-Up Location: **Drop-Off** is on Saturday at 1:00 pm at the Winton Woods Adventure Outpost
Pick-Up is on Sunday at 1:00 pm at the Winton Woods Adventure Outpost
Program Code: OCTS15
Min./Max. #: Limited to 10 females and 10 males due to cabin sleeping spaces.
Program Fee: \$100
Registration Deadline: Friday, April 3
Contact Person: Teresa (513)352-4962



Once registered, additional paperwork will be mailed to each participant. A liability waiver form and a medical form will need to be completed and submitted to our office prior to participation.

Fall

Ages: 18 and Older
Dates: Saturday and Sunday, September 19 and 20
Program Location: Winton Woods Adventure Outpost
Drop-Off/Pick-Up Location: **Drop-Off** is on Saturday at 1:00 pm at the Winton Woods Adventure Outpost
Pick-Up is on Sunday at 1:00 pm at the Winton Woods Adventure Outpost
Program Code: OCTF15
Min./Max. #: Limited to 10 females and 10 males due to cabin sleeping spaces.
Program Fee: \$100
Registration Deadline: Friday, September 4
Contact Person: Teresa (513)352-4962

Come Camping With CRC!

Summer Club!

Night Out at the Reds Game

Take me out to the ball game . . . and join us in cheering on the Cincinnati Reds! Don't miss out on this great American tradition!



Ages:	18 and Older
Date:	Monday, June 8
Program Location:	Great American Ball Park
Drop-Off/Pick-Up Location:	LeBlond RecPlex
Time:	5:45 – 11:00 pm
Program Code:	REDS15
Min./Max. #:	3/8
Program Fee:	\$50 • Staff/Aide \$50 <i>Don't forget to bring money for drinks and snacks at the game!</i>
Registration Deadline:	Friday, May 29
Contact Person:	Teresa (513)352-4962
*Center Membership Fees:	Adults (ages 18-49) = \$25 Seniors (ages 50 and older) = \$10

BB Riverboat Cruise

There's nothing quite like a relaxing cruise on the river! Sit back and enjoy a fantastic meal aboard the Captain's Dinner Cruise. Take in the skyline and watch the river go by as you enjoy the summer sunset!

Ages:	18 and Older
Date:	Wednesday, July 1
Program Location:	101 Riverboat Row, Newport, KY
Drop-Off/Pick-Up Location:	LeBlond RecPlex
Time:	5:30 – 10:30 pm
Program Code:	BBRB15
Min./Max. #:	3/8
Program Fee:	\$55 • Staff/Aide \$55 <i>Don't forget to bring some money for souvenirs</i>
Registration Deadline:	Friday, June 19
Contact Person:	Teresa (513)352-4962
*Center Membership Fees:	Adults (ages 18-49) = \$25 Seniors (ages 50 and older) = \$10



Summer Club!

***Hairspray* at the Covedale Theatre of Performing Arts**

This production is presented by the wonderful Cincinnati Young People's Theater (CYPT)! The CYPT provides a summer of great experience for performers and techies alike. Many of their members are now professional actors, singers, dancers, technicians and musicians. Others are Drama, Opera, Music Theatre, Voice, Music, and Broadcasting majors at colleges all over the country. To date, over 2,200 teens have been a part of CYPT! On stage and off, over 80 teens will participate in Cincinnati Young People's Theatre's 31st annual musical, representing nearly 40 different schools. The average age of this summer's CYPT cast/crew is 16.2 years.

Hairspray: It's 1962 in Baltimore, and the lovable plus-size teen Tracy Turnblad has only one desire – to dance on the popular Corny Collins Show. When her dream comes true, Tracy is transformed from social outcast to sudden star. She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob Link Larkin, and integrate a TV network, all without denting her 'do!



Ages:	18 and Older
Date:	Sunday, August 2
Program Location:	Covedale Theatre
Drop-Off/Pick-Up Location:	Dunham Complex
Time:	1:00 – 4:30 pm
Program Code:	COVE15
Min./Max. #:	3/8
Program Fee:	\$35 • Staff/Aide \$35 <i>Don't forget to bring money for drinks and snacks during the intermission!</i>
Registration Deadline:	Friday, June 5
Contact Person:	Teresa (513)352-4962
*Center Membership Fees:	Adults (ages 18-49) = \$25 Seniors (ages 50 and older) = \$10

Additional recreation opportunities are listed at . . .

www.cincyrec.org

Support & Scholarship Information

Support Our Services!

The Division of Therapeutic Recreation provides several opportunities for you to show your support for the services we provide to the community! Without the support of our constituents, our programs and services are limited. If you are committed to pledging your support to the programs and services provided by the Division of Therapeutic Recreation, we ask that you explore one of the opportunities listed below . . .

Sponsorship

TR implements many programs for a variety of populations (ages and disabilities). We offer several special events throughout the year that businesses, corporations and organizations could choose to provide sponsorship for. As a potential sponsor, you could receive additional recognition for the funding provided for a special event.

Donations

Financial or in-kind donations are always welcome! Contributions made to the Cincinnati Recreation Foundation are tax deductible to the maximum amount allowable by the law. The CRC Foundation is a 501c3 non-profit organization whose purpose is to aid and improve the quality of life for Cincinnati citizens. These tax-deductible donations give the Foundation an opportunity to supplement current services and to provide an immediate impact to the City of Cincinnati. By donating to the Cincinnati Recreation Foundation, you are able to identify what you would like the funds to be spent on. **If you are interested in making a monetary donation to the Division of Therapeutic Recreation, please make checks payable to the Cincinnati Recreation Foundation. Checks should be mailed to 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202. Please specify you are making a donation to the Division of Therapeutic Recreation. For more information, please call Alayne at (513)352-4945.**

Volunteer

The Therapeutic Recreation Division needs volunteers to assist our staff with programming! There are many opportunities to volunteer! Whether it's an ongoing program or a special event, we are always in need of assistance to provide individualized attention to those we serve. Volunteers must be at least 14 years of age. If you would like more information on volunteer opportunities and/or a volunteer application, please call us at (513)352-4028.

Scholarship Fund

The Division of Therapeutic Recreation is proud to announce the creation of a scholarship fund to assist participants who may need financial assistance with program registration/membership fees for the TR programs that we offer (with the exception of our TR and Inclusion Summer Day Camp Programs). Please request a scholarship application form by calling our office at (513)352-4028. **If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945!**

Thank You To Our Sponsors!

In these days of budget crunching, we want to take the time to send sincere thanks out to those individuals and organizations that provide sponsorship and funding to the Division of Therapeutic Recreation. Many of our current programs could not be implemented without the financial assistance of the following individuals and/or organizations:

Billy Casper Golf
Bridgetown Baseball Association
Cincinnati Recreation Foundation
College of Mount Saint Joseph
F & M Mafco, Inc.
First Financial Bank
Great American Insurance
Hamilton County Special Olympics
Miracle League of Greater Cincinnati & Northern KY
Push America
Robert W. Baird & Co.
Shining Light Foundation
US Paralympics
Walk of Joy

Boiman & Meyers
Character and Courage Foundation
Cincinnati Reds Community Fund
Elder High School
Fantasy Baseball Camps
GCTA
Greater Cincinnati Health Foundation
Kid Glove
NRPA
RHC/CITE Services
Rotary Club of Cincinnati
Skool Aid
USTA – Midwest Section



Therapeutic Recreation
805 Central Avenue, Suite 800
Cincinnati, OH 45202
Phone: 513.352.4028 / Fax: 513.352.4637
www.cincyrec.org/TR

Program Registration Form

Would you like to receive program guides or e-mails?

Program Guides _____ E-Mails _____

Please complete the front and back of this form by providing us with the information that has been requested. For legibility purposes, please print all information that you provide. Return this form with a check or money order made payable to **Cincinnati Recreation Commission**. If paying by credit card (MasterCard/Visa), please call our office with your card information. Registration Forms and payment may be mailed to The Cincinnati Recreation Commission (address above). For additional information, please call us at (513)352-4028. Need additional registration forms? Please visit our website at www.cincyrec.org/TR!

Participant Information

First Name	Last Name	Date of Birth	Age	Gender	T-Shirt Size (Child/Adult)
Street Address		City	State		Zip Code
Home Phone	Alternate Phone(s) - other than home			E-Mail Address	
Parent/Guardian Name	Relationship			Phone Number(s)	
Parent/Guardian Name	Relationship			Phone Number(s)	
Emergency Contact Name (other than parent)		Relationship		Phone Number(s)	
Group Home / Agency		Contact Name		Phone Number(s)	

Disabling Condition

Please identify the participant's disabling condition. Circle all that applies to the participant and/or write in any disabling condition not listed.

Amputation	Cerebral Palsy	Mental Illness	Spinal Cord Injury -
Arthritis	Childhood Disintegrative Disorder	Intellectual Disability: Mild – Moderate – Severe	Injury Level: _____
Asperger Syndrome	Down Syndrome	Muscular Dystrophy	Vision Impairment -
Attention Deficit Disorder	Head Injury	Multiple Sclerosis	Blind – Low Vision - Other
Autism	Hearing Impairment / Deaf	Rett's Syndrome	Other: _____
Behavioral Disorder	Learning Disability – Type _____	Spina Bifida	_____

Does the participant walk independently? ☐ Yes ☐ No

If not, what type of assistance is required? ☐ Wheelchair ☐ Walker ☐ Other (please specify) _____

Does the participant eat independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant dress independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant use the bathroom/toilet independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant communicate through speech? ☐ Yes ☐ No Use Boardmaker? ☐ Yes ☐ No

If not, what type of communication is used? _____

Additional information that would assist in programming for the participant: _____

Medical Information - Please circle all that apply to the participant.

Allergies (specify below)

Catheter

Hearing Aid

Scoliosis

Arthritis

Diabetes

Heart Condition

Shunt

Asthma

Diet Restriction

Hemophilia

Tracheotomy

Atlantoaxial Subluxation

Ear Tubes

High Blood Pressure

Other: _____

Braces (Orthopedic)

Glasses

Prosthesis

Please provide specific information for medical conditions we should be aware of (allergies, activity restrictions, etc.):

Does the participant have seizures: ☐ Yes ☐ No

If yes, what type? ☐ Grand Mal ☐ Petit Mal ☐ Other _____

If yes, how often does the participant have seizures? _____ Date of last seizure: _____

Please identify the name, dosage and time of any medication the participant is currently taking:

Medication Name _____ Dosage _____ Time _____
Name _____ Dosage _____ Time _____
Name _____ Dosage _____ Time _____

CRC Membership Info: Do you have a Center Membership with CRC? ☐ Yes ☐ No If yes, please provide your Center Membership Number _____. **Center Memberships are valid for 12 months from the date of purchase.** For additional information about Memberships and/or Scholarships, please call us at (513)352-4028.

Program Information - Please provide us with the participant's program choices below.

Program Code	Program Name / Location / Preferred Swim Time	Fee
		\$
		\$
		\$
		\$
Center Membership Fees	Juniors (ages 17 and under) = \$2 Adults (ages 18-49) = \$25 Seniors (ages 50 and older) = \$10	\$
<i>Please remember to register staff/aides for each program, if applicable!</i> <i>Interested in making a donation? Please call us at (513)352-4028!</i>		
Method of Payment: Cash _____ Check _____ Money Order _____ Credit Card _____ call us with card info	Amount Enclosed	\$

Transportation: ☐ Self ☐ Parent/Guardian ☐ Metro ☐ Group Home Staff ☐ Access – I.D.# _____

Participant / Parent / Guardian Release

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have, as a result of my or my son's/daughter's participation in the program, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my son's/daughter's participation in the program. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or my son/daughter or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form. **Before registration in this program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.**

Signature of Participant / Parent / Guardian _____ Date _____

Multi-Media Release

I, the undersigned, hereby authorize the Cincinnati Recreation Commission to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of the Cincinnati Recreation Commission and its programs.

Signature of Participant / Parent / Guardian _____ Date _____

GUIDELINES

For Participants, Parents, and Guardians

Prior to participating in any TR program, each participant must submit a current Program Registration Form, complete with participant/parent/guardian signature, to the Therapeutic Recreation Office. Please include all information requested to help the TR staff take appropriate precautions when planning programs. It is essential that we have a phone number where the parent/guardian can be reached during the program hours.

The TR staff members are not responsible for the supervision of participants before or after the designated program times. The TR staff members are not responsible for providing transportation from the program site to the participant's home at the conclusion of the program. Participants using ACCESS transportation must schedule drop-off/pick-up times within the designated program times.

If someone other than the parent/guardian will be picking up a participant at the conclusion of the program, advance written notification must be given to the program director. A late pick-up fee of \$5 for each quarter hour will be assessed to any parent/guardian late in picking up the participant at the conclusion of the program.

Guidelines for Managing Behavior

The TR staff members are instructed to use positive reinforcement and to provide a structured program in order to minimize negative behaviors. If negative behavior should occur, a brief time-out is the approved method of behavior management. If a behavior plan has been developed, or if you have specific techniques used at home, please inform the TR staff so we may support your efforts. If, in the opinion of the TR staff, a participant becomes unmanageable and potentially dangerous to themselves or others, the parent/guardian will be contacted to take the participant home. If a participant leaves the program site during program hours and the TR staff are unable to return the participant without risk of injury, the parent/guardian will be contacted to take the participant home. If the parent/guardian is unable to be reached or does not respond quickly, the TR staff may be required to call for police assistance. Staff members who are trained/certified in Non-Violent Crisis Intervention (CPI) will intervene in the management of aggressive behavior with participants enrolled in our programs. A participant who becomes physically aggressive with others in the program setting may be subject to specific "holds" designed to physically control aggressive individuals. These holds are non-aversive and are only used as a last resort (if the participant has become a danger towards themselves or others).

Participants with Specific Health/Medical Issues

Due to the physical requirements of some activities, participants with certain health or medical conditions may be asked to provide a physician's written consent prior to participation. For participants requiring medication during program hours, a medication waiver form must be completed and submitted prior to the TR staff assisting with the administration of medication.

Guidelines for Residential Agencies

If a group of four or more participants from a specific agency attend a TR Program, we request that a staff member from the agency attends the program and assists the TR staff in leading the activities. In the event your agency will not be attending a program for which you have registered, please notify the TR Office in advance. If the decision not to attend is made late, please attempt to notify the program director. Agency staff attending events or outings must provide the necessary payment for meals and/or admission fees (see Registration for All Therapeutic Recreation Programs).

REGISTRATION

For all Therapeutic Recreation Programs

Complete the Program Registration Form (insert). List the program code, name, location and fee for each program that the participant is registering for.

Mail the completed form with a check or money order to the Cincinnati Recreation Commission, Division of Therapeutic Recreation, 805 Central Ave., Ste. 800, Cincinnati, OH, 45202. Make the check or money order payable to the Cincinnati Recreation Commission. There is a \$15 fee for any dishonored check submitted. Please do not send cash through the mail. We also accept credit card payments (MasterCard/Visa) for program registration. Please complete and submit a program registration form, and then call our office with the credit card information.

The CRC Division of Therapeutic Recreation is now a State of Ohio Waiver Provider for Level 1 and I/O waivers. Prior to approval to use a waiver as payment for TR programs, a deposit must first be made for the program of choice. At this time, waivers may be used to pay for our Adapted Aquatics and TR Sharks Swim Team Programs, and our TR Summer Day Camps.

The Division of Therapeutic Recreation has created a scholarship fund to assist participants who may need financial assistance with program registration/membership fees (with the exception of our TR and Inclusive Summer Day Camp Programs). Please request a scholarship application form by calling our office at (513)352-4028. If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945.

Program registration will not be accepted without program payment. The program registration form and payment must be received in our office before the participant may attend the program. The Participant/Parent/Guardian release must be signed prior to participation. Please continue to call us for information about programs or if you need help with registration.

We do send confirmation of registration. If the program has reached capacity or your registration is unable to be accepted for another reason, you will be notified and your payment refunded. Please note the registration deadlines for each program! Registrations may not be accepted after the deadline.

Refunds of program fees are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason, or, in the opinion of the TR staff, the placement is inappropriate.

Certain programs such as dances and outings that require purchases of meals and/or admission tickets in advance may be refunded up until the published registration deadline for the program. If an individual on a waiting list for a program can be substituted for an individual requesting a refund, we will attempt to satisfy all parties' requests.

There will be no refunds for weather related cancellations for therapeutic recreation programs that meet on an ongoing basis or have multiple sessions. Other types of refunds for cancellations will be evaluated as they occur.

During inclement weather, please listen to our Local Channel 12 to find out about program cancellations.

Facility Directory

CRC Recreation Centers

Bond Hill	1501 Elizabeth Pl. (37)	242-9565
Bush	2640 Kemper Ln. (06)	281-1286
Clifton	320 McAlpin Ave. (20)	961-5681
College Hill	5545 Belmont Ave. (24)	591-3555
Corryville	2823 Eden Ave. (19)	221-0888
Dunham Complex	4356 Dunham Ln. (38)	251-5862
Evanston	3204 Woodburn Ave. (07)	861-9417
Hartwell	8275 Vine St. (16)	821-5194
Hirsch	3630 Reading Rd. (29)	751-3393
LeBlond RecPlex	2335 Riverside Dr. (02)	352-4013
Lincoln	1027 Linn St. (03)	721-6514
Madisonville	5320 Stewart Rd. (27)	271-4190
McKie	1655 Chase Ave. (23)	681-8247
Millvale	3303 Beekman St. (25)	352-4351
Mt. Washington	1715 Beacon St. (30)	232-4762
North Avondale	617 Clinton Springs (29)	961-1584
Oakley	3882 Paxton Ave. (09)	321-9320
Over the Rhine	1715 Republic St. (10)	381-1893
Pleasant Ridge	5915 Ridge Rd. (13)	731-7894
Price Hill	959 Hawthorne Ave. (05)	251-4123
Sayler Park	6720 Home City Ave. (23)	941-0102
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109
Winton Hills	5170 Winneste Ave. (32)	641-0422

Additional TR Program Locations

TR Main Office	2335 Riverside Dr. (02)	352-4028
BB Riverboats	101 Riverboat Row Newport, KY 41071	859-261-8500
Climb Time Blue Ash	10898 Kenwood Rd. (42)	891-4850
Covedale Theatre	4990 Glenway Ave. (38)	241-6550
Great American Ball Park	100 Main St. (02)	765-7000
Lunken Playfield	4750 Playfield Ln. (26)	321-1772
Miracle League Ball Field	4356 Dunham Ln. (38)	251-5862
Morgan's Canoe Rental	6262 Gilmour Rd. Morrow, OH 45152	899-2166
Mt. St. Joseph University	5701 Delhi Rd. (33)	244-4200
Ryan Park Tennis Courts	Fischer Pl. & Meyer Pl. (11)	NA
Scallywag Tag West	5055 Glencrossing Way (38)	922-4999
University of Cincinnati	2820 Bearcat Way (21)	556-0604
Keating Aquatic Center		
Winton Woods	10299 McKelvey Dr. (31)	521-2345
Adventure Outpost		

Golf Courses

Avon Fields	4081 Reading Rd. (29)	281-0322
California	5920 Kellogg Ave. (28)	231-6513
Glenview	10965 Springfield Pike (46)	771-1747
Neumann	7215 Bridgetown Rd. (48)	574-1320
Reeves	4757 Playfield Ln. (26)	321-2740
Woodland	5820 Muddy Creek Rd. (33)	451-4408

Pools • Indoor & Deep Water

Mt. Auburn Pool	2034 Young St. (19)	381-6780
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Most Zip Codes are Prefix 452
Most Phone Numbers are Area Code 513

CRC INFOLine (513)352-4000 ♦ TR Main Office (513)352-4028

www.cincyrec.org

Cincinnati Recreation Commission

Dawn Denno, President
Chris Nelms, Vice President
Otto M. Budig, Jr., Member
Robert J. Davis, Member
Stephen MacConnell, Member
Stephen J. Pacella, Interim Director
Stephen Gerth, Interim Superintendent